

Emotion Charades

By asking participants to act out emotions, this twist on a classic game promotes emotional literacy while having fun with the family. This activity can also be paired with spcaLA's DIY presentation on Animal Communication. Dogs and cats communicate their feelings through body language, and that's what you'll be doing too!

MATERIALS:

- Scraps of blank paper
- Pen or pencil
- Small container

PREPARATION:

- Before getting started, brainstorm a list of as many emotions as you can think of (e.g. Happy, Sad, Worried, Excited, Surprised, Angry, Annoyed, Scared, Relaxed).
- Write one emotion on each scrap of paper, fold each one in half, and collect them in your small container.
- Do a quick internet search for "emotions wheel" and click on that big, beautiful image you see (see an example of one we like to use on the next page). You will find lots of fuel for your brainstorm, and even learn something new yourself! This wheel can be used in a variety of ways, but one through line is its usefulness in strengthening our emotional vocabulary. We often find kids (and adults too!) getting stuck with only a few very basic descriptors for their feelings (e.g. happy, mad, or sad). The wheel is a helpful tool for identifying more specific and nuanced emotions that may not be on the tip of your tongue. These emotions may be more difficult to identify but are especially important to consider as you work to build your child's emotional vocabulary.
- Keep participants' ages in mind as you are choosing which emotions to include in the game. While it is okay and even desirable to have a couple of words that some participants are not too familiar with so that a different kind of learning opportunity is provided, be careful not get too complicated. "Exacerbated" may be too much for your six-year old, but maybe not your teen!

